

## Of Interest to Women

### FRUITS FOR SUMMER DESSERTS

Quickly Made and Are More Satisfying than Heavy Sweets

Fresh fruit in plenty the summer problem of what to serve for dessert should not prove difficult. She can take a vacation from making and at the same time serve her family with delicious, light desserts. Make the most of fresh fruit while it is in season. All ripe fruit contains sugar, using it the craving for sweets is satisfied without using much sugar. The family will be better off without rich desserts for a better dessert is needed than of cold watermelon or a half delicious cantaloupe. It is more that makes people feel that a fresh fruit—peaches, pears, apples—are not as good served in

#### Baked Peaches.

Select firm peaches, wash carefully to remove the fuzz and cook whole without removing the stones. Add a little water and cook until the peaches are somewhat tender. Split and add 1 tablespoon of corn sirup and bake in the oven, or add 1 teaspoon of sugar for each half peach.

#### Baked Apples.

Whole apples with the cores removed may be cooked in the same way. The hole left after core has been removed may be filled with raisins and nuts if desired.

#### Snow Pudding.

This dessert is very attractive for a summer day.  
3 tablespoons gelatin.  
2 tablespoons cold water.  
1 cup boiling water.  
Pinch salt.  
1 cup corn sirup.  
1/4 cup lemon juice.  
3 egg whites.  
1 cup cocoanut.  
Soften the gelatin in the cold wa-

### CITIZENSHIP IS NOW ON OF WOMEN'S JOBS

Fight Begins in Primaries in Political Battle Says Miss Stewart

"Politics never adjourns," said Miss Stewart, newly elected corresponding secretary of the Federation of Business and Professional Women which recently held its first conference in St. Louis, Mo. "Politics is the science of government, and not wire pulling to make things come out as you want them. Women must align themselves with a party if they wish to accomplish anything really worth while; must study the fundamentals for which the party stands, and remember that there is always a 'scrap' on, as life is a fight, in politics as well as in everything else, and the fight begins in politics in the primaries. Every woman who is a citizen is interested in the fight and must pull up her sleeves and get to work. She cannot do as the child in the nursery rhyme was told to do, 'Hang your clothes on a hickory limb and don't go near the water.'"

"The suffragists are out of their job—or nearly," continued Miss Stewart. "The W. C. T. U. is out of its job. The job of citizenship is now the job of every woman. The economic side, the political side, the personal side—all must be studied in the citizenship problem."

Besides the new honor just bestowed upon her by the business and professional women, Miss Stewart is the executive secretary of the Republican Congressional Committee.

### HOT WEATHER IRONING

One way of making ironing cool work in summer is not to do any more of it than is necessary. If your clothes have come in from the fresh sunshine and wind it really is a shame to iron any of them that can possibly get along without ironing any way. Bad sheets really don't need ironing and they take a long time and are not easy to do. They should be allowed to dry thoroughly in the air and sunshine and then should be brought in and folded with considerable care. Two persons should do this, as they will need to be pulled and one person can not manage this. See that they are folded perfectly even. If they are then laid under heavy weights the result is almost as satisfactory as if they were ironed. However, if they are only laid in your linen closet they are smooth enough for most persons, and once you have slept between sheets that are fragrant with the sunshine and air you will not want to sleep under any other sort. And, of course, ironing rather takes away this freshness.

An electric iron is, of course, far cooler than any other sort of iron, and if you have it attached in a room where there is no cooking going on ironing is almost ideal. At all events you should never attempt to iron in a room where a gas oven is lighted or where any hotter fire is being kept up than is necessary for the ironing.

### WOMEN SUPPLY "CIVIES"

More than ten thousand returned soldiers have been supplied with civilian clothing between February first and June 17th by the women of the Reclamation Shop of the National League for Women's Service, in New York City, according to Mrs. Charles S. Whitman, who is chairman of the shop and actively interested in the splendid work of the league.

Originally planned to meet the demands of men, women and children who could not afford to purchase new clothing, the shop has been gradually metamorphosed into a soldiers' service canteen where soldiers may be fitted out with civilian clothes.

### WASHINGTON WEDDING BELLS ARE BUSY



The last joyous shouts celebrating peace were drowned in the merry peal of wedding bells at Washington and their hives have been growing in volume ever since. These three beauties are of the exclusive capital set, two of them brides-to-be and the third a debutante. Upper is Miss Mary Francis Littel, daughter of Brig.-Gen. Littel, who is to wed Commander George F. Bryan; center is Miss Elizabeth Campbell, daughter of Congressman Campbell of Kansas, who is to wed Captain B. S. Wright of Kentucky, and below, Miss Elizabeth Dubois, who has just finished school is to have her coming-out party this season.

The lawyer was cross-examining a witness to a robbery. "When did the robbery take place?" he asked. "I think—" began the witness. "We don't care what you think, sir. We want to know what you know." "Then if you don't want to know what I think, I may as well leave the stand. I can't talk without thinking. I'm not a lawyer."

### NOTICE TO CREDITORS IN THE COUNTY COURT OF THE STATE OF OREGON, FOR THE COUNTY OF COLUMBIA.

In the matter of the Estate of Diana Wilkes Kitch, Deceased. Notice is hereby given that the undersigned was named in the last will of Diana Wilkes Kitch as the executor thereof, and the said will has been admitted to probate by order of the above Court, and he has been named as the executor by said order, and all persons having claims against the said Diana Wilkes Kitch or against her estate, are hereby notified to present same to the undersigned at the office of the County Clerk, at St. Helens, Columbia County, Oregon, with the proper vouchers within six months after the first publication of this notice or the same will be forever barred.

Date of first publication, July 25, 1919.  
Date of last publication, August 22 1919.

G. W. STAPLETON,  
Executor.

#### The Best Plaster.

A piece of flannel dampened with Chamberlain's Liniment and bound on over the seat of pain is often more effectual for a lame back than a plaster and does not cost anything like as much.



### A GROWING BOY

needs lots of good, nourishing feed. But he wants it palatable as well as nourishing. Give him a good liberal supply of bread spread generously with our superfine butter and topped off with plenty of fresh fruit. Then he'll have a meal he'll enjoy and one that spells nourishment with every spoonful or bite.

Fresh Buttermilk For Sale

St. Helens Co-Operative Creamery Assn.

### FOR A PLUNGE

in the River one of our new

## Bathing Suits

is just the thing. For Men and Women; for Boys and Girls—wool and cotton.

M. RICEN

Successor to M. Rosenthal

St. Helens, Oregon



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at this bank is so promptly paid that the reputation of its maker cannot fail to stand high in business circles. An account here is a distinct asset to a business man or woman. We shall be glad to have you open one.

### FIRST NATIONAL BANK

Member Federal Reserve System

CHAS. GRAHAM, President

H. A. CHILDS, Cashier

### Pens Are Mighty



with us for this reason: we have always congratulated ourselves on being able to show the greatest assortment in town and we probably sell more than all others combined. We also have the regulation line of stationery, in addition to some specials of our own.

### A. J. DEMING, DRUGGIST

ST. HELENS, OREGON

### You'll Land All Right



if you make this your supply house for anything in the way of high class Groceries. You won't have to worry about qualities. Our reputation is a guarantee of those. You can be your own judge of values by simply comparing our prices with those of others for Groceries of similar class.

### Our List of Specials

Watermelons, Cantaloupes, Cassabas, Apples, Peaches, Fresh Vegetables.

### St. Helens Union Store.

St. Helens, Oregon Telephone 80



In Doubt as to What Hot Weather Appetite Craves, Serve Fruit.

relative state for dinner as they for breakfast. A return to the desserts would be of advantage both from a dietetic and economic standpoint.

Let a voice protest, "we grow of fresh fruit day after day." The person who wishes a change of fresh fruit, the following may please. They are easily and as easily digested—two points during the hot season, may be used to alternate with dessert of uncooked fruit.

**Baked Pears.**  
Select firm pears, halve and remove the seeds. Put in a baking pan a little water, cover, and simmer over a low flame until partially done. Add 1 tablespoonful of corn sirup or 1 teaspoon of sugar to each half, and transfer the dish to oven, allowing the pears to bake until tender. A piece of ginger may be cooked with the pears in sirup if the flavor is desired. Baked in this way, cooked until the sirup is very thick, delicious served with a cornstarch sauce. This may be sweetened with also.

### HOUSEHOLD HINTS

The silhouette that was formerly popular for evening gowns and is coming again is the bouffant or puff effect.

Very pretty to be worn with a dress or white waist and skirt made of colored linen, cut like a plain sweater.

When the screen door slams angrily, a cork sliced in half and placed on the point of contact with the door will lessen the noise.

A casual vest to be worn with a surplice dress is made of tucked fabric, cut square across the neck extending below the surplice into a short apron.

A cupful of strong coffee will remove the odor of onions from the hands.

The still strong parts from 'seersucker' gingham dresses and petticoats make good dish towels, especially for glass.

Steel, when rusty, may be cleaned by giving the article a good coating of sweet oil, leaving it for a day or two and then rubbing with unslacked lime.

When scrubbing unpainted boards a few drops of oxalic acid on the part being scrubbed and the dirt will come off like magic, leaving your floor or table snow white.

Be white of one egg added to a quart of cream and beaten together make a much larger quantity of nice consistency to spread.

Lean willow chairs and tables may be cleaned with a thin cold starch. Let it dry on then wipe off with soft cloth. It will clean the glass and also make it a brilliant polish.

Wash the corduroy skirt without drying and hang out dripping wet. The nap is rough when dry use a clean brush and be sure to brush only in one direction along the nap. Do no iron.

### MINIMUM WAGE FIXED

The minimum wage of girls employed in mercantile establishments in the District of Columbia has been set at \$16.50 by action of the Minimum Wage Board. The matter has been under consideration for the past two months, by a committee composed of three representatives of employers, three representing the employees and three representing the public.

Concessions were made by both sides and the \$16.50 wage schedule was agreed upon and will go into effect next November.

### RECIPES

**Baked Cheese and Tomato**  
Remove good, whole tomatoes, remove part of contents, stuff with pimento, cream or Neufchâtel cheese and bake. Cream peppers may be used in the same way. Serve hot.

**Carrot and Orange Marmalade**  
Two cups ground carrot, juice of two lemons, juice and grated rind of one orange, one cup sugar.

Cook ingredients with enough water to keep from burning, until thick and tender, pack into sterilized jars and seal.

**Green Tomato Marmalade**  
Two pounds green tomatoes cut in cubes, two teaspoons bruised ginger root in cheesecloth bag, two cups sugar, two sliced lemons.

Place in stew kettle in layers, cook in covered vessel until tender, simmer until mixture is of the light consistency.

**Ripe Tomato Marmalade**  
Twelve medium sized tomatoes peeled and thinly sliced, one and one-half lemons sliced, one and three-fourths cups sugar.

Place in stew kettle in layers, cook in covered vessel until tender, simmer until mixture is of the right consistency. Pack into sterilized jars and seal.

#### Garden Salad

What makes a better luncheon than one bunch of watercress, one small head of lettuce, one bunch of radishes, one bunch of scallions and half a cupful of French dressing?

Wash the cress and lettuce in cold water and drain thoroughly. Slice the radishes and cut the scallions into small pieces. Arrange the lettuce and watercress on salad plate sprinkle with the sliced radishes and scallions and serve with the French dressing.

### FASHION NOTES

Millinery has adopted the brightest of colors. Navy serge is used for tailored suits.

Rose taffeta and white net are combined.

The newest directorio coats have triple capes.

Gray and black twined is used for tailored suits.

Folds and flounces are introduced as trimming.

Tucks are used on coats to trim sleeves and collar.

The transparent sleeve has never left the world of fashion.

### BRILLO BRILLO BRILLO

THE BEST ALUMINUM POLISH

This is something we have sold a lot of and it has been very satisfactory, but for some time have been unable to get it

Just received a good supply

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MASONIC BLDG.

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